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Ottawa Senators' Mike Hoffman celebrates scoring on the Montreal Canadiens Wednesday night at the Canadian Tire Centre. The Sens downed the Canadiens 1-0, but Montreal still leads the best-of-seven series 3-1. Story, metroSPORTS. THE CANADIAN PRESS

Bus routes changing

TRANSIT

Delays due to LRT could mean longer commutes



Lucy Scholey
Metro | Ottawa

East-end bus riders have to re-think their commutes come June.

The city's transit commission approved a three-year closure of the Transitway from Blair to Hurdman on Wednesday to make way for Light Rail Transit construction. Few will see bus snarls — 16 per cent of riders — but delays could mean an extra 13 to 16 minutes on work commutes, according to OC Transpo.

The city has worked "hundreds and hundreds of hours" planning the routes, assured OC Transpo general manager



John Manconi.


A total of 37 new buses will help service the area, with 12 running as early as this fall. A new bus route 91 will zip from Orléans to downtown and west to Baseline to help boost route 95.

The true test of the re-routed system comes in September, when summer vacation ends.

Meanwhile, passengers who stop at stations in between the Blair-Hurdman stretch — including Train, Cyrville, Lees and St. Laurent — should take another look at their schedules.


WILL THE LRT CONSTRUCTION AFFECT YOUR RIDE? SEE PAGE 6

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Millions choose Metro

MEDIA

Latest newspaper survey results revealed



Luke Simcoe
Metro | Toronto

Metro is becoming the go-to news source for young Canadians.

Almost 3 million people read Metro once a week, and more than 1.2 million are daily readers, data released Wednesday by NADbank shows.

Some 60 per cent — or 740,000 — of the daily 1.2 million readers are between the ages of 18 and 49, with the most living in major hubs stretching from Vancouver to Halifax.

It's proof that Metro "owns the younger urban market in Canada," said vice-president and editor-in-chief Cathrin Bradbury.

"People are choosing Metro because it's a reflection of their lives, and the cities they call home," Bradbury said. "It is the paper that best captures the essence of what they're passionate about and explains the issues they face."

John Cruickshank, publisher of the Toronto Star and president of Star Metro Media Group, said he's thrilled with Metro's readership growth in a number of cities,



One of Metro's strengths is connecting with commuters. In Calgary, for example, where readership is 139,300 daily, its presence on transit is hard to miss. JENNIFER FRIESE/FOR METRO

particularly those in Western Canada.

"While the capacity of others to cover the market shrinks, Metro — because it's focused on news delivery — will continue to rise in these crucial markets," he said.

The paper's appeal to younger people helps complement other Star Metro Media products, he said.

"What we have with the Star and Metro is the ability to speak across a very great breadth of the audience."

Metro is well positioned for future growth as more

What we have with the Star and Metro is the ability to speak across a very great breadth of the audience.

John Cruickshank, president of Star Media Group

people move to urban centres, Bradbury said.

According to Statistics Canada, 81 per cent of people

now live in urban areas. The divide is even more pronounced among the young, with only 17 per cent of 15- to 29-year-olds living in rural Canada.

Metro has made recent investments to expand editorial coverage of local news in each of its seven markets, Bradbury said. Plus, Metro updated its look in March with a modern redesign that takes delivering essential daily news to the next level.

"We want people to tuck the paper under their arms with pride," Bradbury said.

TRANSIT

Western LRT going underground: NCC



Steve Collins
Metro | Ottawa

The National Capital Commission's board of directors gave its approval Wednesday to burying part of Ottawa's western LRT extension under the Sir John A. Macdonald Parkway.

The city and the NCC had clashed over plans to run trains alongside the Parkway through federal land. The NCC wanted to preserve sight lines and access to the waterfront, while the city wanted to keep a lid on costs.

Mark Kristmanson, CEO of the NCC, said the conflict was a rare bump in usually good relations between the federal body and the city.

"It's a 99 per cent success rate, and then every once in a while something comes along like the western light rail issue that's a big one, and we ground that down and got it done," he said.

"I think there's satisfaction at the city about that; there's satisfaction here about that."

The conflict, Kristmanson said, was one of key priorities on both sides.

"This one affected our core mandates. They have a mandate to provide reliable and cost-effective public transit. We have a primary mandate to protect nationally-treasured green space. And for those 1.2 kilometres, it came down to a conflict that lasted six or seven years."

+ TIMELINE

A few key dates in the development of the city's LRT system:

October 2001: The O-Train (now known as the Trillium Line) opens linking Bayview Station and Greenboro.

December 2012: Rideau Transit Group, a consortium including SNC-Lavalin, ACS Infrastructure, EllisDon, Dragados Canada and Veolia Transportation Services, is selected to build the \$2.1 billion Confederation Line.

April 2013: Construction begins on Belfast Road maintenance and storage facility.

October 2013: Excavators break ground on the 2.5 km downtown tunnel.

August 2014: The city announces the tunnel is 50 per cent complete.

April 2015: NCC approves revised plan for Phase 2 western expansion of LRT.

The solution, he added, still isn't perfect for all west-end residents, some of whom will be unavoidably affected, but it's a workable compromise.

"Some people will always be affected by major transit infrastructure, but this minimizes the negative effects and maximizes the positive ones and I think both sides are happy with it."

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IN BRIEF**Ottawa man arrested on child porn charges**

Ottawa police arrested a 38-year-old man in the city's west end Tuesday on suspicion of distributing child pornography.

The investigation dates back to February 2015 when RCMP tipped off the Ottawa Police Service Internet and Child Exploitation Unit (ICE) about a suspect in the Ottawa area.

On Tuesday, police conducted a search warrant in the west end and seized computers for forensic analysis. David McCrindle is facing two counts of possession of child pornography and one count of distribution of child pornography. He is scheduled to appear in court Wednesday. **METRO**

Free Marriott Hotel rooms calls a scam: Police

Everybody loves free stuff, but if it sounds too good to be true, it usually is.

That's why Ottawa police are warning residents about a new telephone scam where residents receive calls seeking personal information for a purported free room at a Marriott Hotel. The hotel said it is aware of people getting "free Marriott Hotel rooms" phone calls even though the company or its affiliates are in no way involved.

"The Marriott takes privacy and security seriously and assures you that this call is a scam," reads a notice in an Ottawa police news release issued Wednesday morning.

"As well, you cannot 'win' a prize for a contest that you have not entered." Anyone with information regarding this type of identity fraud is asked to call the Ottawa police fraud unit at 613-236-1222, ext. 5433. **METRO**



Students from Charles H. Hulse Public School start their first day in a new building at Parkwood Hills Public School. **HALEY RITCHIE/METRO**

Students settle into new school after forced closure

EDUCATION

Pesticide concerns cause for relocation



Haley Ritchie
Metro | Ottawa

Students who were forced out of Charles H. Hulse Public School due to lingering pesticides arrived at their temporary classrooms at Parkwood Hills Public School to a welcome committee.

Sir Winston Churchill Public School students created a

sign for the group, smiling and waving as they disembarked from a yellow school bus.

"We just thought it would be neat to have a big smile for some of the new kids that were coming on their adventure to school today," said principal Aisling O'Donnell.

Janitorial staff were working overnight to prepare the empty school building, and photocopiers and technical equipment were still being delivered at 9 a.m. this morning.

"The situation itself is regrettable but we're looking forward to being back together again and getting back to learning," said Vivian Petrie, principal at Charles H. Hulse

“It was a lot of work for sure, but we're ready.”

Vivian Petrie

Public School.

"It was a lot of work for sure, but we're ready. Wait until recess and it'll feel just like home," said Petrie.

The Ottawa elementary school was closed last Thursday after a pesticide sprayed inside the building to deal with cockroaches caused headaches, itching and watery eyes among some staff members

and students.

The chemical, Propoxur, an ingredient in the pesticide Konk 400, was not approved for use by the school board.

The company contracted to spray the pesticide at Charles H. Hulse, Rentokil, said in a statement that they followed all current regulations.

"Rentokil complies with all current regulations and labelling procedures for the application of any pest control material at any location," said spokesman Glenn Boyet.

"Rentokil is co-operating with any and all government authorities as the investigation to this situation continues."

Cleaning and an investiga-

tion into the source of the lingering smell is ongoing at Charles H. Hulse today, according to the board.

"They have literally deconstructed three classrooms," said Sharlene Hunter, the board's media relations officer.

Hunter added the board is working with the Ministries of Environment and Labour, Public Health Ontario and Health Canada in order to find a solution.

"We are terribly sorry for any pain and suffering the situation has caused, we encourage families to make sure they are seeking medical attention for any children affected," said Petrie.

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DEVELOPMENT

Yay for condo, nay for parking

An Ottawa councillor is calling for a developer to scale back a planned 19-storey condo building — but not the height.

Catherine McKenney, who represents Somerset Ward, wants a smaller parking lot than what Lamb Development Corp. is proposing.

The Toronto developer is planning a 208-unit mixed condo-retail building on Bronson Avenue and Cambridge Street North. It will be put before the planning committee next Tuesday.

According to McKenney, it's not the height that's the problem, as there are 11-to-21-storey buildings across the street.

In her written comments, McKenney said she takes issue with the planned 170 parking spaces, when only 107 spaces are needed.

"It is contradictory when the applicant uses proximity to transit and cycling facilities as a rationale for their application while at the same time providing a very high number of parking spaces," it reads.

There are three sections of the building: a four-storey "base," a nine-storey middle and the 19-storey tower.

The building hugs two areas with two different residential zonings. The developer is seeking a "traditional mainstreet" zoning, which allows retail use. However, that zoning is restricted to six storeys.

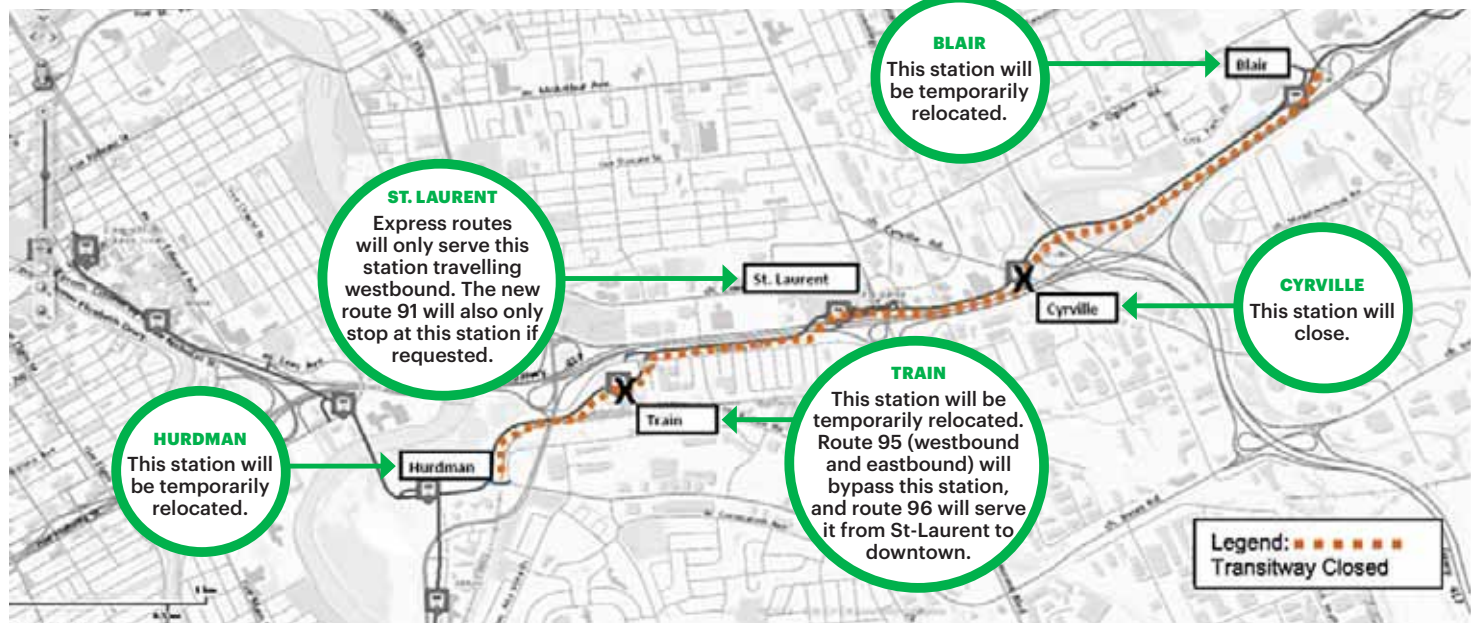
Because the building will stretch above the zoning limits, the developer is creating a fund of \$355,120 for a community garden, landscaping, cycling improvements and affordable housing.

LUCY SCHOLEY/METRO



A rendering of the planned 19-storey building on Bronson Avenue and Cambridge Street North.

COURTESY CITY OF OTTAWA



COURTESY CITY OF OTTAWA

How the Transitway closure will affect you

TRANSPORTATION

Changes to several routes due to LRT construction



Lucy Scholey
Metro | Ottawa

On a cold, drizzly Wednesday afternoon at the St-Laurent bus station, there were no signs of looming route changes.

In just two months, many passengers who frequent the

east-end stop will start seeing bus delays and re-routing as the city closes the Transitway from Blair to Hurdman for three years.

The transit commission approved the shutdown earlier that morning to make way for construction of the Light Rail Transit (LRT) system.

Many bus passengers were still unaware.

"Three years. That's a lot," said Carine Barnabe, who regularly travels from Vanier to Orléans to work at a restaurant.

Christian Ross and his fiancée, Lisa Guay, were not too concerned about the changes.

"As long as the routes are still

running, the delays shouldn't be a problem," Ross said.

Renelle Sib, 20, had heard about the transit delays and was already planning her route to work at a downtown coffee shop.

"I'm going to bike, most likely," she said.

A total of 37 buses will be brought in to service the Blair-Hurdman routes, but riders can still expect some delays, especially in inclement weather. There will also be new bus-only lanes along Highway 417.

OC Transpo said the vast majority of riders — 84 per cent — will not see any changes.

Riders can expect to see signs

+ NEW ROUTE 91

This faster bus will make up for route 95's delays from Orléans and Blair to downtown and west to Baseline.

However, it will bypass Cyrville, Train, Hurdman and Lees stations. It will run Monday to Friday from 6 a.m. to 7 p.m.

What about buses going back and forth from Barrhaven and Riverside South

to downtown?

It will be easy riding for now. These routes will not be affected.

Will there be other Transitway closures?

Yes. Merton Street to Empress Street (December 2015), Laurier Station to Hurdman Station (April 2016) and Tunney's Pasture Station to Merton Street (June 2016).

and notices in early June. Staff will also be at major stations

to talk to customers about the changes.

METRO ASKS

How will your route change because of the LRT construction?

I have to leave earlier. Wintertime is going to be worse. Guy Bourgeois

Usually we're already late. This is going to add more time to it. Peter Bui

It will make us late in the morning. Teachers won't like us. William Hamel

I'll have to leave a lot earlier. I already travel from the east end ... to the west end. Allison Smith





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Minister Pierre Poilievre speaks at Ottawa police headquarters Wednesday about the federal government providing millions in funding to protect the capital region. ANDRZEJ TERRENCE/FOR METRO

Feds pledge \$10M for Ottawa police

LAW ENFORCEMENT

Service won't be repaid for Parliament Hill shooting costs



Haley Ritchie
Metro | Ottawa

Ottawa police will be receiving an additional \$10 million from the federal government over the next five years to help cover the costs of securing the capital region.

"We do recognize that there are additional costs and burdens in this modern and dangerous world in which we live," said Pierre Poilievre, the federal minister responsible for the national

capital region. "We know that the international jihadi movement has declared war on Canada."

Mayor Jim Watson said the additional funding is necessary to make sure police have the resources to fight crime on Ottawa streets.

"All Canadians deserve a safe capital, but that doesn't mean it should come at the expense of a safe city," he said.

"Canadians have the freedom to assemble and demonstrate and they use those rights to march along Ottawa's streets from time to time. These necessary parts of a free and democratic national capital can also put a strain on our local police service."

He added that the burden to provide extra security for the hundreds of events and protests that take place in the capital, as

well as concerns created by several embassies, consulate offices and international visitors, often falls to the police force.

The \$2-million-a-year funding is not entirely new — it was started in 2009 but expired in 2013. The new commitment is for the next five years.

In a separate request the Ottawa Police Service asked to be reimbursed \$375,000 from the federal government for the costs of policing during the Oct. 22 shooting at the National War Memorial last year.

Poilievre confirmed today that the force would not be receiving additional money for the shooting, beyond the renewed \$2 million a year.

Despite having the second request turned down, Watson said he was satisfied with the amount the city received.



EARTH DAY GREENING THEIR FUTURES Grade 6 students Moise, left, and Diane, spread mulch around a new tree they planted at St. Anthony's Catholic School on Wednesday to mark Earth Day. ANDRZEJ TERRENCE/FOR METRO



Ottawa party band Silkken Laumann plays the Warehouse party at Maker Space North with New Swears and DJ Matt Tamblyn Saturday. PHOTO COURTESY ZOE BARANSKI

Massive maze at warehouse bash



Trevor Greenway
Backstage Pass

How do you throw a dance party and ensure that Ottawa revellers truly get lost in the music?

Build a 19,000-square-foot labyrinth and invite the city's two hottest party bands to bring the beats.

That's what the crew at Arboretum Festival are doing this weekend at Maker Space North — tossing an old school warehouse party that will engage even the most apathetic Ottawa music fan into a tweaked world of twisted trouble.

"It's going to be super f---ed up," says Arboretum Artistic Director Rolf Klausner, who also plays keys, guitar, bass and vocals for Silkken Laumann.

"I am extremely pumped. There really isn't enough adjectives to describe how excited I am."

When a handful of talented Ottawa artists are done with the space, it will transform into a magical,

immersive and interactive maze spanning over 19,000 square feet.

There will be novel nooks, creepy crannies and pleasure-inducing projections dancing across the walls constructed from sliced up sheets of vapour barrier. The panels will be lit with LED lights and projections that will move from wall to wall, creating spaces for people to chill, hide,

When a handful of talented Ottawa artists are done with the space, it will transform into a magical, immersive and interactive maze spanning over 19,000 square feet.

and, yes, trip out. Things will definitely get weird.

While the spring party is another excuse to get crazy in Ottawa, it's also a way for the folks at Arboretum to generate some buzz around their upcoming summer festival.

Smaller niche festivals like House of Paint, Ottawa Explosion and Arboretum are starting to hit their stride these days — and a warehouse party that promises to rival underground parties in Brooklyn and Paris is the pudding to

prove it.

"The idea is to create a very magical, immersive environment where people can come in and just feel as if they have been transported to a warehouse party in New York or Paris," adds Klausner.

"You don't need to go to Paris or London or Beijing to come into some crazy psychotic immersive party. We are going to do this in Ottawa."

Saturday's Warehouse party is an event not to be missed. And there isn't much that hasn't already been said about Silkken

Laumann — these guys throw down dance music better than any DJ on the planet — and it's all done live.

Toss in the selector Matt Tamblyn — the man responsible for throwing Ottawa's coolest underground DJ dance parties — and Saturday's Warehouse party becomes, "a party of heavy-weights."

Tickets are \$10 or \$15 at the door.

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BUSINESS

Craft brewers skeptical about Beer Store deal

Some of Ontario's small brewers worry the government's new deal with the Beer Store that promises to nearly triple their shelf space in the company's 447 retail outlets won't achieve that goal.

Under the province's revised agreement with the foreign-owned Beer Store, the amount of shelf space for products from small and craft brewers is supposed to grow from seven to 20 per cent.

However, Matt Johnston of Collective Arts Brewing says the increased shelf space will apply only to 100 self-serve stores, not the majority of regular Beer Stores where the product is kept out of sight, behind the counter.

Asked if small brewers will get 20 per cent of the warehouse or cooler space behind the Beer Store's cash registers, the Ministry of Finance said "logistics are still under consideration."

Johnston wants the govern-

ment to mandate that the Beer Store "tear down the wall" and convert all its stores to open-concept.

The Beer Store promised to spend \$100 million over four years to modernize its retail outlets, and agreed all new stores will be open-concept and self-serve.

The changes to beer sales came from the recommendations of an expert panel headed by former TD Bank CEO Ed Clark.

"Ed Clark and the council have agreed to remain in place to help the government develop and oversee the exact approach," said Kelsey Ingram, press secretary to Finance Minister Charles Sousa.

The government made "a big leap forward" but should pass regulations to make sure small brewers get their guaranteed increase in larger share of shelf space, marketing and promotional materials, said Johnston.

THE CANADIAN PRESS



Witness Nicole Proulx testifies at the Mike Duffy trial in Ottawa on Wednesday. THE CANADIAN PRESS

Duffy P.E.I. home plot thickens

SENATE SCANDAL

Claims of main residence were no mistake, court hears

Just days after he was formally sworn into the Senate in January 2009, Mike Duffy took deliberate steps that ensured he would collect living expenses totalling some \$81,000 over the next four years, court heard Wednesday.

Crown attorney Jason Neubauer drove home the point that it was no accident Duffy declared his cottage in Prince Edward Island his primary residence, having consciously filled out the paperwork to do so.

As a result, his home in Ottawa, which he had owned for seven years prior to his appointment to the Senate, suddenly became his secondary residence.

The suspended senator has already pleaded not guilty to 31 charges of fraud, breach of trust and bribery, most of them linked to living and travel expenses which he claimed from the public purse.

On Parliament Hill, meanwhile, the question of Duffy's residency roared back to prominence.

During question period, NDP Leader Tom Mulcair seized on the fact that Prime Minister Stephen Harper, the man who appointed Duffy to the Senate in the first place, has already publicly defended his eligibility to represent P.E.I.

+ KEY WITNESS

Earlier Wednesday, a senior Senate official testified that Duffy did not have the discretion to change his office contracts once they had been approved and monies had been set aside for a specific purpose.

Nicole Proulx, currently the chief corporate services officer, is a key Crown witness because of her broad knowledge of contracting and procurement rules in the upper chamber.

Some of the charges Duffy faces involve \$65,000 in contracts awarded to friend Gerald Donohue. Some of that money was later apportioned to other individuals via Donohue's company, out of the view of Senate functionaries.

"Did the prime minister make sure Mike Duffy met that requirement before he appointed him to the Senate, yes or no?" Mulcair asked.

For the first time, Harper appeared to suggest it was Duffy's fault for filling out forms that said he was resident in P.E.I., as the Constitution demands.

"Mr. Speaker, according to constitutional practice, all senators must make such a declaration. As members know, it is Mr. Duffy's actions that are before the court right now," the prime minister said.

THE CANADIAN PRESS

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Highline model shown

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CAIRO, EGYPT MOHAMED FAHMY FINALLY GETS A PASSPORT

Canadian Al Jazeera English journalist Mohamed Fahmy holds his temporary passport Wednesday near Tora prison in Cairo, Egypt. Fahmy, facing broadly denounced terror charges in Egypt, was finally given a temporary Canadian passport Wednesday. The journalist's original passport was seized during his arrest in December 2013. ROGER ANIS/AL SHOROUK / THE ASSOCIATED PRESS

HALIFAX, N.S.

Guilty pleas in Saunders trial

More than a year after the remains of a young, promising university student were found beside a highway in rural New Brunswick, two people from Halifax, N.S. pleaded guilty to murder and for the first time a detailed description of how Loretta Saunders died became public.

But amid the gruesome details of the 26-year-old's death in February 2014, the motive for the slaying remains a mystery.

Blake Leggette and Victoria Henneberry were both charged

+ VICTIM

Loretta Saunders was an Inuit student at Saint Mary's University, where she focused her studies on missing and murdered aboriginal women.

with first-degree murder last year and they both pleaded not guilty at the time.

As their trial was starting Wed-

nesday, Leggette changed his plea to guilty and Henneberry pleaded guilty to a lesser charge of second-degree murder. Leggette will be sentenced to an automatic life sentence with no parole eligibility for 25 years. Henneberry is also facing a life sentence, but her parole eligibility could range between 10 and 25 years.

Saunders body was found in a hockey bag on the side of the Trans-Canada Highway near Salisbury, N.B. THE CANADIAN PRESS

SASKATCHEWAN

Mother, three children killed

A man went to a mobile home in rural Saskatchewan and killed a woman and her three children, but spared an infant, say Mounties.

He then took the six-month-old baby and drove 130 kilometres from the town of Tisdale to Prince Albert, where he killed himself. The infant was found unharmed and is being cared for by family.

RCMP spokeswoman Mandy Maier told reporters Wednesday that officers received a call from a family member around supper-time Tuesday, saying the woman and children hadn't been

heard from all day and couldn't be reached.

About six hours later, after officers obtained a search warrant, they found the woman and children dead in their trailer in Wicks' Mobile Home Park on the edge of town. Police did not release the names of the children, but said they were all under the age of nine. Police believe they were killed before they were reported missing.

Maier said an investigation quickly led officers to the suspect in Prince Albert. Maier said the baby and two other adults were found alive in a home.

The suspect was known to the victims, she said, adding she couldn't give the relationship or a possible motive.

The murdered woman was identified by residents as Latasha Gosling. A photo of Gosling, huddled in between two smiling young girls and a boy, was posted on the fundraising website gofundme.com. Tim Funk wrote that he had permission from the woman's parents to collect money for funerals.

"If any is left over, it will be put into a trust fund for the young survivor," Funk wrote on his Facebook page. THE CANADIAN PRESS

Trudeau hints at economic plan

POLITICS

Liberal leader promises to balance budget

Justin Trudeau is starting to show some of his economic cards now that the Conservative government has laid its election hand on the table.

The Liberal leader says he would reverse the Tories' plan to almost double the maximum amount Canadians can sock away in their tax-free savings accounts.

And he's promising that the Liberals would balance next year's budget should they win this fall's election.

Trudeau disclosed those details Tuesday, after the Conservatives laid out their economic and fiscal blueprint in the Harper government's 11th federal budget, its last before the October election.

He revealed another on Wednesday: he'd keep the Conservatives' plan to cut the 11 per cent small business tax rate by two

points over four years. However, he said a Liberal government would look at a different way of implementing the cut so that it wouldn't wind up benefiting primarily the wealthy, as many economists have predicted will happen. In addition to those particulars, insiders say Trudeau intends to unveil in the next few weeks a major economic plank from his party's eventual election platform.

Until now, Trudeau has offered sparse details — like promises to scrap the government's income-splitting measure and to roll back the age of eligibility for old age security to 65 from 67 — while steadily resisting pressure to reveal platform proposals before the fall campaign.

With the fiscal lay of the land now clear, he hinted broadly Wednesday that he'll be more forthcoming soon about Liberal economic policy.

"I have been very clear from the very beginning. The Liberal party is putting together a responsible plan that we will share



Our platform will be fully costed, fiscally responsible and a balanced budget.

Liberal Leader Justin Trudeau

with Canadians at an appropriate time. We are still six months away from the election," he said.

NDP Leader Tom Mulcair has been steadily unveiling platform planks since last summer, including plans for a national \$15-a-day child care program, reinstatement of a \$15-per-hour federal minimum wage and promises to hike corporate taxes and cut small business taxes.

In the absence of firm Liberal proposals, Trudeau has been criticized for failing to demonstrate he's got the policy chops to manage the country's economy. And the Conservatives have been repeatedly accusing him of planning to hike taxes and run up deficits. THE CANADIAN PRESS

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Calorie deficit taking its toll

CHALLENGE DAY 3

Metro reporter feels his energy flagging on a \$1.75-a-day diet



Gilbert Ngabo
Metro | Toronto

There are those daily routines in life that you seldom expect to change.

Like the 30 or so pushups I do every morning before taking a shower. I've been doing that for so long that I don't even think about it. But since taking on the Live Below the Line challenge this week, I've started to feel my body letting me down.

It started Tuesday evening on my way home from work. As I sat on the train, I started reading an ESPN column that I had downloaded earlier about the NBA playoffs. That's what I do every day on my commute. But this time, I kept falling asleep before finishing two paragraphs. After many failed attempts, I pulled a book out of my bag, thinking my eyes were just tired of looking at screens. But I couldn't finish a page before dozing off.

It's not as if I was overly tired from work. Instead, it's a testament to the physical, emotional

LIVING BELOW THE LINE

The reporter: Gilbert Ngabo works for Metro in Toronto. He moved to Canada from Rwanda five years ago.

The mission: To live on just \$1.75 a day for five days — a challenge made to all Canadians by the Global Poverty Project, which says that's the daily budget of those who live below the poverty line.

The series: Day 3 of 5, a tired Gilbert Ngabo sizes up his diet on \$1.75 versus the ideal diet.

Follow Gilbert Ngabo on Twitter @dugilbo or at metronews.ca.

and mental toll that not eating enough can take on you.

I had lunched on a meagre meal of bean soup and a piece of pita bread, the same thing I planned to eat for dinner. The previous night, I had woken up on multiple occasions, checking the time and realizing I was still hours from starting my morning routine. And a sense of empti-

ness in my whole body kept reminding me that I was hungry. When it was finally time to get out of bed, I felt so weak I didn't even try for a few pushups.

Nutritionist Theresa Albert was shocked when I told her what I've been eating.

"Very poor diet," she said, advising that I need regular nourishment and more varied foods, as well as enough calories.

Studies show that men aged 19 to 30 should consume at least 2,400 calories a day to maintain a healthy body. With \$1.75 as a daily food budget, I'm not even getting half of that.

If I continued on this diet for an extended period of time, some critical processes in my body would start to shut down, such as my brain and immune system, Albert told me.

It made me think of all the kids from poor families, going to school with half-empty stomachs. If I can't concentrate on reading a piece of news after only two days on this challenge, how are they going to sit in a class all day and follow their teachers?

The World Food Program estimates that more than three million children around the world die each year as a result of poor nutrition, and that more than 800 million people are going hungry. The hunger I'm feeling during this challenge serves as a reminder to appreciate life the way I know it.

BY THE NUMBERS Health Canada versus the \$1.75 diet

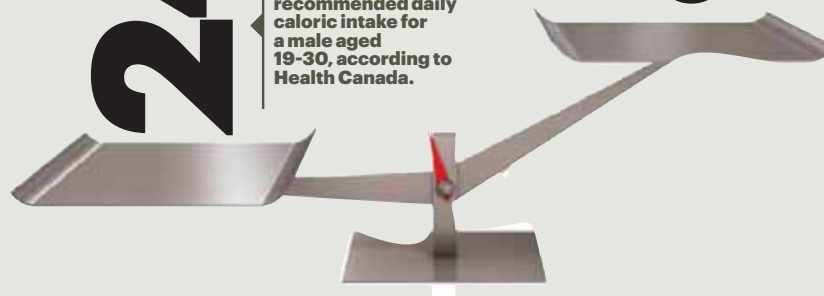
2400

**Great
calorie
divide**

The number of calories consumed by Ngabo in a day of eating two pitas, two servings of bean-tomato-mushroom-onion soup and 50 grams of Havarti cheese.

588

The minimum recommended daily caloric intake for a male aged 19-30, according to Health Canada.



Italy needs EU help on migrant crisis

HUMAN TRAFFICKING

Some 90% of smugglers' boats leaving from Libya

Italy pressed the EU on Wednesday to devise robust steps to stop the deadly tide of migrants crossing the Mediterranean, including considering military intervention against smugglers and boosting UN refugee offices in countries bordering Libya.

"We know where the smugglers keep their boats, where they gather," said Defence Minister Roberta Pinotti. "The plans for military intervention are there."

Some 90 per cent of smugglers' boats leave from Libya, where the lack of a central authority coupled with extremists affiliated with ISIL have contributed to chaos and

lawlessness that have allowed criminal trafficking networks to proliferate.

Pinotti said Italy was willing to take the helm of any military intervention if asked and as long as it is carried out as an international mission, backed by the United Nations.

Pinotti spoke a day before EU leaders hold an emergency summit in Brussels called in the wake of a shipwreck off Libya last weekend that may have killed more than 800 migrants. It would be the highest known loss of migrant lives in a single incident in the Mediterranean.

Ahead of the summit, Premier Mario Renzi called for EU leaders to approve three key proposals: doubling the resources and assets of the current EU border patrol mission; destroying smugglers' boats and improving co-ordination across the EU for transferring asylum seekers.

THE ASSOCIATED PRESS



Migrants crowd an inflatable dinghy as rescue vessel Denaro (not pictured) of the Italian Coast Guard approaches them, off the Libyan coast, in the Mediterranean Sea, Wednesday. In the background is a merchant ship.

ALESSANDRO DI MEO/ANSA VIA THE ASSOCIATED PRESS

PARIS

Extremist shoots himself in the leg

An extremist with an arsenal of loaded guns was prevented from opening fire on churchgoers only because he accidentally shot himself in the leg, French officials said Wednesday.

The 24-year-old computer science student, who was also suspected in the death of a young woman whose body was found on Sunday shortly before his arrest, had been flagged as a risk for intent to travel to Syria but there had been no specific reason to open a judicial investigation,

Interior Minister Bernard Cazeneuve said Wednesday.

Paris Prosecutor Francois Molins said the suspect — an Algerian who had lived in France for several years — was arrested in Paris Sunday after he apparently shot himself by accident and called for an ambulance.

He was waiting outside his apartment building for first aid when police arrived. They followed a trail of blood to his car, which contained loaded guns.

THE ASSOCIATED PRESS

IN BRIEF

Saudis launch airstrikes on Yemen rebels after saying operation over

Saudi-led airstrikes targeted Iran-backed rebels and their allies in Yemen on Wednesday, hours after Riyadh declared an end to a nearly month-long air campaign. The Shiite forces later said they would welcome United Nations-led peace talks to end a conflict that's killed hundreds without dislodging them. THE ASSOCIATED PRESS

Rainstorm kills dozens in eastern India's Bihar state

An unseasonal storm with heavy rain and hail killed at least 42 people, injured more than a hundred and caused heavy damage to the winter wheat crop in eastern India, officials said Wednesday.

Most of the deaths were caused Tuesday night by tin roofs that were blown off of people's huts by winds reaching 65 kilometres an hour. THE ASSOCIATED PRESS

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Drone lands on Japan PM's roof



Authorities probe a drone on the roof of the Japanese prime minister's office. KOTA ENDO/KYODO/THE ASSOCIATED PRESS

SECURITY

Incident raises alarm over potential for terror attacks

Japanese authorities said they were investigating after a small drone laced with traces of radiation was found Wednesday on

the roof of the prime minister's office, sparking concerns about drones and their possible use for terrorist attacks.

No injuries or damage were reported from the incident. Prime Minister Shinzo Abe was in Indonesia to attend an Asian-African conference.

Police said it was not immediately known who was responsible for the drone. They were investigating the possibility it

had crashed during a flight.

Chief Cabinet Secretary Yoshihide Suga said a drone landing at the prime minister's office was a wake-up call to problems caused by the unmanned aerial devices, including the possibility of terrorist attacks when Japan hosts a Group of Seven summit next year or during the 2020 Olympics in Tokyo.

"There is a possibility that drones might be used for ter-

rorist attacks," Suga said.

The drone was about 1.7 feet in diameter and had four propellers. It carried a small camera and a plastic bottle with unidentified content inside, according to Tokyo police.

It said the bottle is believed to be the source of the radioactive contamination. It also had a symbol that warns of radioactive material.

THE ASSOCIATED PRESS

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CALIFORNIA LAWMAKERS APPROVE MANDATORY

VACCINATIONS FOR SCHOOLCHILDREN Tianna Hazard of Oakland wipes tears on Wednesday as she and her nine-month-old daughter leave a hearing at the Capitol in Sacramento, Calif., where lawmakers approved a measure requiring schoolchildren to be vaccinated. The bill was approved by the Senate Education Committee on a 7-2 vote.

RICH PEDRONCELLI/THE ASSOCIATED PRESS

WASHINGTON

Bystanders rescue man from tracks

A man was rescued from the tracks at a Washington Metro station after his wheelchair rolled off the platform.

Surveillance video shows two bystanders jumping onto the tracks to lift the man and his wheelchair back onto the platform Tuesday afternoon at the U Street station.

A Metro spokesman says the nearest train was three stops away when the bystanders jumped onto the tracks.

Metro says the man who fell

had a bloody mouth but no other visible injuries.

He was taken to hospital for treatment.

It wasn't clear why the man's motorized wheelchair rolled off the platform.

Metro spokesman Dan Stessel says the man who fell was not in imminent danger of being struck by a train, but the greater hazard was the electrified third rail that powers the trains.

THE ASSOCIATED PRESS

Canadians targeted by U.S. firm for illegal downloads

ONLINE PIRACY

L.A.-based company seeks \$150 to \$450 from users

Megan Haynes
For Metro

An L.A. company is asking thousands of Canadians to cough up hundreds of dollars each for illegally downloading videos, taking advantage of recent changes to the Copyright Act.

CEG TEK, an anti-piracy firm that works on behalf of content owners, has been emailing notices to Canadians via internet service providers (ISPs). The notices allege piracy on the part of the recipients, and offer settlements, which range from \$150 to \$450, to "prevent legal action." The ISP TekSavvy recently posted a copy of one such notice online, and other recipients have also done so.

But Jake Enwright, press secretary for Industry Canada Minister James Moore, said that, while the notices don't violate Canadian law, "there is no obligation for Canadians to pay these settlements," adding that the ministry's aim is to combat online piracy not by penalizing consumers but by educating them that the practice is illegal and hurts content producers.

In an email interview, Kyle Reed, chief operating officer at CEG TEK, wouldn't confirm how many emails the firm has sent to Canadians or how many recipients have opted to



Los Angeles-based anti-piracy firm CEG TEK has been sending notices to Canadian users on behalf of their clients via users' internet service providers. The company has asked anyone who illegally downloaded content to compensate the owner. MARC FEMENIA/THE ASSOCIATED PRESS/SCANPIX

settle. But Bram Abramson, chief legal and regulatory officer at TekSavvy, which has 250,000 customers, said his company forwards approximately 1,300 notices a day, over half of which are from CEG TEK.

Through the end of 2014, copyright holders or their representatives could send infringement notices to ISPs, but the ISPs were not legally required to forward the notices to end users. But changes to the updated Copyright Act, which came into effect on Jan. 1, requires that all infringement notices be forwarded.

What's more, there is no

fee associated with sending these emails, Abramson said, despite lobbying efforts from the ISPs to include a small fee. He says this would prevent sending out mass quantities of emails.

Michael Geist, research chair in Internet and e-commerce law and professor at the University of Ottawa, said ultimately, the cost of setting up auto-forwarding and monitoring of these notices was pushed onto the ISPs, who ultimately will pass these costs on to consumers.

CEG TEK, which began operating in Canada on Jan. 2, 2015, has been active in the

U.S. since 2009. It made the news last September when it sent out a blitz of emails on behalf of Millennium Films going after people who illegally downloaded The Expendables 2 and 3, asking for upwards of \$300 in settlements, according to media reports. Reed claims CEG TEK's model is the only proven method to decrease content piracy, and claims there has been a reduction in clients' content downloaded here in Canada. "We are unaware of any law or regulation that prohibits presenting a settlement opportunity, and we are unaware of anyone at Industry Canada ever asserting

NOT SO FAST

ISPs require court order before providing user info

Internet service providers have said they will hand over clients' identities only under a court order.

The only way content owners can track piracy is through the anonymous IP addresses, the uniquely assigned identifiers of Internet connections.

In Canada the maximum penalty for digital copyright infringement is \$5,000.

that a notice from CEG TEK was in any way in violation of Canada law," he added.

Stephen Ellis, the co-chairman of the copyright committee at the Canadian Media Producers Association, which fought for stricter changes to the Copyright Act, said going after consumers for a few hundreds of dollars isn't the way to curtail piracy.

Rather, he said, efforts should be geared at those profiting from the pirated material by posting them online in the first place.

Enwright said the ministry spoke to CEG TEK more than a month ago to "better inform them of what the rules are in Canada," emphasizing the current system is a "not a notice-and-settlement regime."

Enwright said there are no plans to close the loopholes in the current copyright law to deter this practice of demanding settlements, and the government is instead waiting on the industry to come up with an appropriate solution.

FEDERAL BUDGET

PM shrugs off Oliver comment

Stephen Harper shrugged off controversy Wednesday over his finance minister's assertion that potential future problems created by his budget should be left to the prime minister's granddaughter to solve.

Harper characterized Joe Oliver's comments as a sarcastic bid to dismiss "a clearly preposterous argument" that boosting the maximum amount Canadians can put into tax-free savings accounts will drain billions from the federal treasury over the coming decades.

But opposition leaders pounced on Oliver's remark.

"Leave it to our grandchildren. Really?" NDP Leader Tom Mulcair told the House of Commons.

"I have grandchildren and like so many grandparents I do not want to leave the responsibility for cleaning up the prime minister's mess to my grandchildren." Liberal Leader Justin Trudeau chimed in: "Since when does Canada burden our grandchildren instead of building for them?"

Harper countered by citing numerous measures contained in Tuesday's budget he maintained will benefit future generations — including almost doubling to \$10,000 the maximum individuals can contribute yearly to their TFSAs. THE CANADIAN PRESS

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ROSEMARY WESTWOOD

metroview

We don't know their names, but they're still our problem

"I wish I had their names," the caller said.

Ronke from Greenwich was on a U.K. radio show debating controversial Sun columnist Katie Hopkins over the hundreds of thousands of migrants who are increasingly charting a dangerous course over the Mediterranean to reach the shores of Italy, and a life in Europe.

An estimated 800 people from Syria, Eritrea and other countries drowned on the weekend. Only 27 on board the boats survived, according to the UN. European leaders are in Brussels to push through an emergency plan that boosts patrol and rescue operations and increases efforts to settle migrants.

In a column that has sparked calls for her firing, Hopkins compared migrants to cockroaches. "Gun ships," like those deployed to keep migrants out of Australia, is the solution, she wrote.

Her "turn them back" ideology has support in Europe, and it doesn't fall far from the ideology behind our own government's effort to evict about 70,000 longtime migrant workers, so Canadians have first dibs on their jobs.

In the words of New Yorker writer Mattathias Schwartz, referencing illegal immigrants in the U.S., "the goal of Western immigration policy is to keep people out." And clearly it's not working.

"We can't afford at the mo-

ment to take on the problems of the world," Hopkins said during that radio call. "I do believe these boats need pushing back."

So simple, isn't it? Except it is, of course, not a solution.

The images of drenched and terrified survivors that covered newspapers this week is about so much more than any one person's desperate attempt to escape horrors at home. It is about colonial pasts, current wars, and corporate greed in countries like Eritrea, where there are allegations of a Canadian mine using forced labour.

It's about Western lifestyles dependent on poor nations with terrible human rights records (think Bangladesh and the garment industry). It is about politics, domestic and international, and identity — what your race and nationality says about where you belong. (An Ekos survey last month found that 41 per cent of Canadians think there are too many visible-minority immigrants.)

Hopkins can delude herself that none of that is an English, or Western, problem. I cannot.

The hundreds who died weren't the first, and they won't be the last. A reported 170,000 people crossed the Mediterranean last year, and more are expected in 2015.

We may never know their names, Katie Hopkins, but that doesn't mean their plight is not our problem.

Policy deficit hides behind the surplus

POLITICS

Chantal Hébert



In one of his more exuberant moments in the role of Conservative cheerleader, Public Safety Minister Steven Blaney called Tuesday's pre-election budget his "best-seller."

Listening to the Quebec minister on Montreal radio, one could easily picture him clutching the budget to his chest as he spoke.

It is even possible that he slept with the 300-page brick under his pillow. After all, it devotes an entire chapter to his public safety file.

Over the years Blaney's faith in Stephen Harper has been shown to border on religious and he has exhibited a zeal in defending the government's agenda that is second to none among cabinet members.

Still, in this instance, the minister's giddiness reflects the mood of his government colleagues as they fast-forward to the upcoming campaign.

Given a choice, it is a rare MP seeking re-election who would not prefer coming to a voter's doorstep bearing gifts.

Tuesday's budget fulfils most, if not all, of the fiscal commitments undertaken by Harper — starting with a fresh dose of tax relief now that the books are (tenu-

ously?) balanced. Anyone holding out for that promised adult-fitness tax credit should know that it is work in progress ...

For better or for worse the budget reflects the philosophy of the ruling Conservatives.

They will be comfortable selling it on the campaign trail.

But the budget's greatest strength is also its main weakness for it stands to reinforce the very reason why a majority of voters opted to support one of the other parties four years ago.

Those voters were, for the most part, driven to other choices by a deficit of Conservative policy ambition on almost every front — from the environment to social programs — that used to account for a significant part of the mission of past federal governments.

Tuesday's budget compounds that deficit.

The environment is covered by a few paragraphs but the words "climate change" are blatantly absent from its numerous pages.

If anyone remembered that, back in 2005, offering Canadians a wait-time guarantee for medical care was one of the five priorities of the Harper Conservatives, he or she was not in the room when the 2015 budget was drafted.

So entrenched is the government's pro-tax-cut bias after nearly a decade

in power that it chooses to offer relief to voters in less-than-pressing need rather than address policy areas in dire need of attention.

And so it is that Canadians who have \$10,000 a year to spare on a tax-free savings account (TFSA) get a break, but urban commuters who endure daily traffic jams to get to work would have to wait for the second half of a fourth Conservative mandate before a major federal boost to public transit materializes.

Chances are swing voters still believe in a more activist government than the one Harper is offering.

A wise opposition would spend little time illustrating the fragility of the balancing act that has brought the Conservatives to exhibit a surplus in the budget.

That only undercuts the other parties' already reduced capacity to strike a credible course that is both different from that of the Conservatives and appealing.

The government's budget does paint the picture of steadily increasing budget surpluses — even after the full implementation of the latest round of tax cuts.

Choosing not to implement at least some of those cuts wouldn't necessarily come at great political cost. The government's spending priorities over the longer term are not cast in stone. They are subject to its re-election in the fall.

In the last election Harper made the promises he is now delivering conditional to the government's fiscal performance.

There is no reason why the opposition parties cannot similarly present Canadians with a blueprint designed to live up to the full ambitions of its authors over more than a single budget cycle.

With this budget, the Conservatives are hoping to bring back under their tent the voters who supported them four years ago but have since gone missing in the polls.

Many of them were Liberal sympathizers unhappy with Michael Ignatieff's campaign.

More than a few have come home since Justin Trudeau became party leader.

If they voted for Paul Martin or Jean Chrétien in the past, chances are those swing voters still believe in a more activist government than Harper is offering in this bare-cupboard budget.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.


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PHILOSOPHER CAT
by Jason Logan





McLaren's modern malaise



Leah McLaren's new novel follows the unravelling of a relationship thanks to built-up resentments. LIZ BEDDALL/METRO

NEW NOVEL

Messy marriage tale unearths the roots of resentment

Melita Kuburas
Metro | Life

Leo Tolstoy was wrong when he wrote, "All happy families are alike; each unhappy family is unhappy in its own way" — all unhappy families are alike, too. At least the families headed by 30-something, urbanite yuppies tend to be.

When the Russian author wrote the famous opening of Anna Karenina, the world hadn't yet been introduced to the troubled marriages of Nick and Amy Dunne in Gillian Flynn's *Gone Girl*, or, more recently, Nick and Maya Wakefield in Leah McLaren's new novel, *A Better Man*.

Both books follow the unravelling of a relationship in which two people come to resent one another in a way only former lovers can. In both marriages, that acrimony builds thanks to a blame-game dynamic that's a result of interrupted careers, manipulative personalities, infidel-

ity, and uprooted gender roles. "Having been in quite a few unhappy relationships, I have to say, it does feel quite similar," laughs McLaren, a London-based journalist who writes a column for the *Globe and Mail*.

She laughs at the comparison between her book and Flynn's blockbuster, which was turned into a movie last year. "I really hope that this book reminds everyone of *Gone Girl*, and every single person who bought *Gone Girl* can buy this book. Then my next divorce would be extremely expensive!" she jokes, during a visit this week to Toronto.

Divorce is the cloud that hovers in *A Better Man*, released by HarperCollins late last month, as the main character, Nick, suddenly becomes generous with his time and attention — remembering to bring the banana-nut bars during an outing with the kids, and not criticizing his wife's poor choice of wine at dinner.

He pretends to be the perfect husband on the advice of

a lawyer — if he gives saving their marriage a college try, his wife, Maya, will be guilt-ridden enough to take it easy on him in their divorce settlement.

The premise is based on an actual trick used by high-billing divorce lawyers, McLaren says.

"It's quite the cynical ruse, but not unheard of in the annals of family law, as horrifying as that might seem," she tells Metro. It's especially not unheard of in London, where the "super rich of the world" have had to divvy up their assets according to England's equitable divorce policy, she adds.

"I wanted to write about that stage of life of being married and having small children, and just how very, very intense it is," McLaren says. "Suddenly there's this crazy intersect, particularly for women, when the biggest years of career coincide with the same years you're supposed to have children. And it's just insane."

Career-driven women who leave their jobs may throw

their energy into attachment parenting, as does Maya, an attorney who finds herself traversing between toddler yoga classes, the gym and therapy sessions. She gets her thrill from visiting a posh salon in a gritty neighbourhood, and worries she has become "a hopeless bourgeois cliché — an overeducated, underemployed housewife on the verge of an affair with her personal trainer."

In other words, she's the opposite of "Cool Girl," as ranted against in Flynn's novel by Amy Dunne. "Being the Cool Girl means I am a hot, brilliant, funny woman who adores football, poker, dirty jokes, and burping ..."

Maya's all-consuming, helicopter approach to parenting becomes a turn-off to Nick, who imagines sex with his wife as a kind of "erotic duty."

"Nick and Maya fall into stereotypical gender roles, and that's part of their problem," McLaren says. "There is a real division of labour that happens and as women give birth it will often end up being a woman who then (makes) concessions, career-wise," she says.

The resentments that rise up as a result — her loss of status, his sense of being shut out of the family — turns out to be the book's exploration of what in modern times has become a common problem.

He's living a life of distraction. All the women, all the booze, all the work. The beautiful, tailored exterior — it's all just a big sideshow.

Leah McLaren, on similarities between her main character, Nick, and *Mad Men*'s Don Draper, another of pop culture's bad husbands

DEBUT NOVEL

Nothing like following your dreams

As she wrote her very first novel, Sabrina Ramnanan only had to look to her father when she needed to verify facts about Trinidadian village life in the 1970s. The Toronto-raised daughter of Trinidadian parents, Ramnanan always relished her dad's stories about his life in the Caribbean and visited the island nation herself several times while growing up.

"My dad is a very vivid storyteller. He's almost been prepping me all my life to write this book because he's told me all these wonderful stories and they haven't been written down," she says.

Ramnanan combined the tales of her parents with her own experiences on the island to build a story of forbidden love and a spirited young woman's

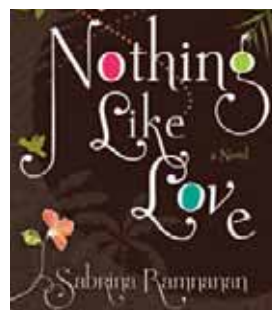
break from small-town life. That story began as a personal project for the University of Toronto's creative writing certificate program, but soon caught the eye of a senior editor at Doubleday Canada who eventually would offer her a book deal. "I feel so fortunate," she says, seated at a table in the O&B Canteen on the ground level of Toronto's TIFF Bell Lightbox Theatre.

Ramnanan's book, *Nothing Like Love*, is fast-paced and at times funny. The heroine, Vimla Narine, is an 18-year-old schoolgirl poised for village greatness. She acs her exams and is offered a coveted teaching position, but all that goes awry when it's discovered she's been secretly courting the pundit's son, Krishna Govind. On the surface, the book seems like a typical forbidden

love story, but it's more than that. The discovery of Vimla and Krishna's secret affair reverberates through the community and affects a number of people in different ways. "It's really about autonomy," says Ramnanan.

The storyline hits autobiographical notes for the 32-year-old Ramnanan. She too, became a teacher. "I thought it was practical," she admits. "There is some of that in Vimla. She does what is expected of her, she gets that teaching post and she gets swept up into it, but does she really want to do it? I don't think so."

Ramnanan says in her heart she always wanted to be a writer, so while working as a supply teacher, she began taking continuing education courses in creative writing. "I became obsessed with the classes because



they kept me writing," she says.

Now, with her success — a first novel picked up by a major publisher — she has a new philosophy. "I think when you do what you know deep down you are supposed to be doing, things work out the way they should."

LIZ BROWN/METRO



Sabrina Ramnanan says part of her research for her novel was going to Trinidad to just soak in the people, food, sights and smells. CONTRIBUTED

Time puts its best face forward

WATCHES

Make the latest timepiece trends work with your style



Jesse Ship
Metro | Life

Konstantin Täts (aka @spentologist) is a self-professed watch hoarder who boasts over 25 timepieces in his collection — yet he still can't help checking the time on his phone every once in a while.

Digital technology has become ubiquitous these days from toasters to car engines, and while he's a fan of the innovation of the Apple Watch and newly announced partnerships from the likes of Tag Heuer and Microsoft, Täts, a Toronto-based commercial realtor, will always be in love with

the mechanical aspect of his timepieces.

"Every day I put on a watch, no matter what I'm wearing because it can be made to be both luxurious, sporty and fashionable depending on the way you dress it up or down. As well, a watch's movement has a similar beat to our hearts — it's a very natural thing to wear."

To check out what other watch enthusiasts are sharing online, follow #RedBar on Instagram.

Täts says the meetups he takes part in are "a bit of an exclusive club ... since sometimes over two million dollars worth of glass are on the table. But if someone wants to attend and they are a watch person, then we can work things out."

We spoke to experts about five of the more interesting watch trends on the market these days, and how to make them work with your look.



3 The Swatch

Launched in the '80s, Swatch set the Swiss economy back on fire with their low price points, cheery designs and interchangeable straps and faceplates. Despite their plastic bodies, quartz movements, and a plethora of commemorative editions, the populist brand still pushes out sought-after collectable pieces, especially the recent Sistem51 (\$150), a mechanical marvel made by a robot, composed of just 51 parts. Sporting a Swatch shows that you're a fun-loving individualist who doesn't take life too seriously.

4 The Trendy Watch

Timepieces with overstated faceplates are bound to get attention and help you stand out from the crowd at the club or in the boardroom. Diesel's (\$170-\$510) monstrous and metallic shiny bodies, Michael Kors' (\$300-\$579) signature rose gold and tortoise tones and U.K. newcomer Olivia Burton's (\$120-\$230) vintage-inspired faces are snapping up customer sales. The trend is also seeing retail trendsetters like J. Crew teaming up with Timex (\$114-\$172) for vintage-inspired military watches with quartz movements to keep the look perpetually in style.



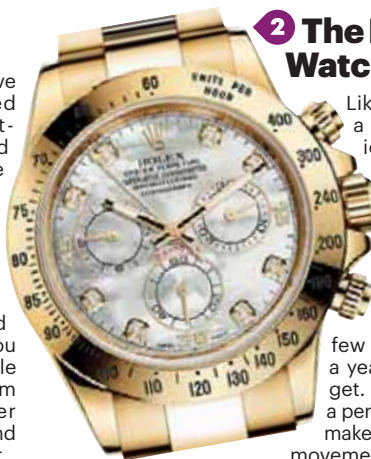
1 The Antique Pocket Watch

The owner may have received it passed down by a great-grandfather who hid it who knows where during time spent in the trenches of Gallipoli, or maybe the owner is just be an unabashed steam punk fanatic. Exude an aura of old world sophistication as you adjust your monocle and pull one out from your tweed blazer breast pocket to wind the daily movement.



2 The Mechanical Watch

Like a well-crafted Porsche, a well-maintained mechanical watch will most likely outlive its owner. Some — like the Rolex Paul Newman (starting at \$25,000) or Daytona (starting at \$10,000), may never go out of style, but for the serious collector, a "grand complication," made of a few hundred parts that takes a year to make is the ultimate get. Owners claim they create a personal bond with the watchmaker by wearing one due to the movement's fine-tuning.



5 The NATO

First introduced to the public by James Bond's Goldfinger (1964) where it was used to secure his Rolex Submariner to his wetsuit, the British military picked up the woven nylon style for their soldiers in the '70s. Today, NATOOs have reached mainstream, and interchangeable straps can cost as little as \$15 and go up to hundreds as crafty independent designers like Coq Straps and AP Bands have made use of fine leathers and stainless steel components for added personal flair. That might have the watch snob in your life giving the NATO a second glance.



IT'S ALL ON THE WRIST WEARING AN APPLE WATCH FROM DAWN TO DUSK

Apple's first new product in five years — and the company's first wearable gadget — makes its debut today in nine countries, including Canada. Apple Watch (from \$449) is worn on your wrist like a regular watch, but Apple's "most personal device we've ever created" goes above and beyond merely telling the time — especially when there's a nearby iPhone 5 or later to unlock its full functionality. A glimpse at how Apple Watch could revolutionize your day. MARC SALTZMAN



7 a.m.

Apple Watch's vibrating alarm wakes you — without disturbing your significant other. While getting dressed, you glance at the animated watch face which also shows the current weather and when your first appointment is.

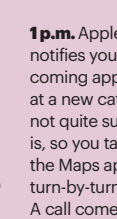


7:45 a.m. Raise your wrist and say "Hey Siri, Workout." Select "Outdoor Run" from the list of exercises, followed by a time, calorie burn or distance goal. Bluetooth headphones let you listen to music playing on the watch. Your watch can calculate your heart-rate after the run.



10:09 a.m.

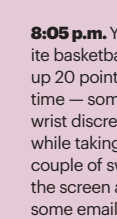
While at the office you feel a tap on your wrist and look at the screen: "BBQ for dinner?" While you could reply with a pre-set answer or dictate a new one, instead you send an animated thumbs-up. While you're at it, tell your watch to remind you to pick up flowers at 5 p.m.



1 p.m. Apple Watch notifies you of an upcoming appointment at a new café. You're not quite sure where it is, so you tap to open the Maps app to get turn-by-turn directions. A call comes in while walking down the street. Answer it on your watch and leave your phone in your pocket.



3:30 p.m. You've been sitting at your desk for a long while, so your wrist buzzes to tell you to stand up and move around a bit. While getting a glass of water from the cooler you check the Activity app on the watch, which shows how close you are to your daily movement goals.



8:05 p.m. Your favourite basketball team is up 20 points at half-time — something your wrist discreetly tells you while taking a walk. A couple of swipes across the screen also shows some email you need to deal with later and a reminder to check into tomorrow's flight to New York.



10:09 p.m. After a relaxing round of Trivia Crack — one of the games you can download to Apple Watch — you realize it's time to charge it up. Attach the magnetic charging "puck" to the back of the watch and plug the other end of the cable into your computer's USB port.

Marking 30 years of classic American cool

INTERVIEW

Tommy Hilfiger on brand DNA, his style icons

Tommy Hilfiger says an all-American lifestyle has always been one of his sources of inspiration. As his namesake brand celebrates its 30th anniversary, the designer discusses his success, and his upcoming memoir.

Rafael Nadal has been named your brand ambassador — can you comment on this?

I'm continuously inspired by his dedication and passion for his sport. Rafael's style is effortless and really exemplifies our brand spirit — he's fun and cool, and doesn't take it too seriously.

Did you think the brand would grow to be this big?

I dreamed of having a globally recognized lifestyle brand but I never could have expected that our company would grow on such an incredible scale.



Designer Tommy Hilfiger at Fashion Week in New York City. GRANT LAMOS IV/GETTY IMAGES

We are very proud that today we have over 1,400 stores in more than 90 countries worldwide.

What is the key for a brand to succeed for so long?

Our signature look celebrates the East Coast Americana lifestyle with a West Coast twist that's laid-back, confident and cool. Our success has come

from defining this clear brand DNA and staying true to this heritage, and we love to see how our customers worldwide interpret our designs.

Why is America your main inspiration?

I have ... always been drawn to iconic Americana and pop culture; some of my favourite style icons include Steve

McQueen, Grace Kelly, James Dean and Jackie O... Each has made a permanent mark in music, film or culture.

What will be in your memoir?

I'll be publishing my memoir in 2016 with Random House. I'll share my stories from all the milestone moments that have defined my career and my personal life. AFP

SUSTAINABILITY

From plastic bottles to your next jacket

If you buy a new coat from The North Face in 2016, it will likely be made from recycled content if, indeed, they meet the lofty goal they announced this week in which they aim to use 100 per cent recycled polyester by then.

Polyester makes up nearly 80 per cent of the fabric they use, so meeting their goal would mark a significant push for sustainability on their part.

The sportswear manufacturer hopes to use recycled plastic, thereby providing a much-needed outlet for used water and soda bottles.

The North Face says they will reduce dependence on fossil fuels, for the polyester manufacturing process has a lower impact on air and water resources if reusable materials are resourced.

Made entirely from recycled content, their Denali jacket is an existing example of products that meet their goal.

It's not the first time The North Face has taken the initiative to improve the integrity of their products.

In January 2014, The North Face drafted the Responsible Down Standard, vowing to source only cruelty-free down, avoiding farms that practise live plucking or force-feeding.

They gave the draft to the Textile Exchange to use as a standard for brands seeking a judiciously sourced supply of the coveted, ultra-warm filling and brands such as Marmot, Eddie Bauer, Helly Hansen and

Mammut now purchase RDS-certified plumes from Allied Feather & Down.

The North Face hopes to achieve 100 per cent RDS-certified down across the spectrum of its products by fall 2017.

AFP



The women's Denali Jacket THENORTHFACE.COM

FASHION TRENDS

Givenchy to release the new 'it' bag

Givenchy has delved into the murky and fascinating depths of the oceans for the inspiration for its latest "it" bag, The Shark.

Givenchy is already famous for the Antigona satchel, loved by stars including Rosie Huntington-Whiteley, Riha-

anna and Miranda Kerr. And the brand's new Shark bag looks set to be seen on the arms of even more members of the A-list.

The Shark, which is available in three sizes, was first unveiled as part of Givenchy's pre-fall



collection. It comes in a variety of colours and finishes including cream and black monochrome, brown studded leather and a dusky beige hue. It is set to hit stores this June. AFP

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CONTROVERSY

Dr. Oz strikes back

Vowing that “we will not be silenced,” television’s Dr. Oz is fighting back against critics who are trying to get him removed from a faculty position at Columbia University.

Dr. Mehmet Oz will air an episode of his syndicated talk show on Thursday that specifically takes on the group of 10 doctors from around the country who wrote to a Columbia dean about him. The group suggested last week that Oz promotes “quack treatments” of weight loss supplements with no scientific proof that they work.

Oz taped a message previewing his show where he said he knows he has alienated people in “our quest to make America healthy.”

But he said freedom of speech is a fundamental right of Americans, and the other doctors are trying to silence him.

THE ASSOCIATED PRESS



Dr. Mehmet Oz.
GETTY IMAGES



Ben Affleck lobbied the host of *Finding Your Roots* to not reveal on the program that he had a slave-owning ancestor. GETTY IMAGES

Ben whitewashed slave owner roots

SONY HACK

Star wanted information omitted from PBS program

PBS is conducting an internal review following revelations that producers of *Finding Your Roots* may have violated the network’s editorial standards after a request by Ben Affleck that the program not reveal he had a slave-owning ancestor.

Meanwhile, Affleck has expressed regret for seeking to have the information omitted from the episode that featured the actor and aired last October.

“We deserve neither credit nor blame for our ancestors and the degree of interest in this story suggests that we are, as a nation, still grappling with the terrible legacy of slavery,” Affleck posted on his Facebook page Tuesday night.

The review by PBS and New York station WNET began Saturday, according to a statement released Tuesday by PBS spokeswoman Anne Bentley.

“We have been moving forward deliberately yet swiftly to conduct this review,” she said.

In his Facebook post, Affleck acknowledges that, initially, “I didn’t want any television show about my family to include a guy who owned slaves. I was embarrassed.”

He says he lobbied Henry Louis Gates, the Harvard scholar who hosts and produces the show, “the same way I lobby directors about what takes of mine I think they should use.”

“It’s important to remember that this isn’t a news program,” Affleck said of *Finding Your Roots*, which traces the ancestry of well-known guests. Affleck’s request came to light last week in hacked Sony emails published online by whistleblower site WikiLeaks.

Gates and PBS said then they didn’t censor the slave-owner details. Instead, more interesting ancestors of the actor emerged and Gates chose to highlight them instead.

THE ASSOCIATED PRESS

GOSSIP NOTES

Garfield and Stone’s web has permanently unwoven

After dating for more than three years — so basically a decade in Hollywood — Andrew Garfield and Emma Stone went on a “break” two weeks ago. But unfortunately this is no Ross and Rachel situation. According to Us magazine, a source close to the couple says they are done for good. Apparently, Andrew got a little too into character preparing for his role in *Silence*. “He’s been in a dark place for months getting into the role. He wasn’t being the best partner,” a source tells the magazine. Can someone put this guy in a lighthearted rom-com next? Sheesh!

Jenner fuels speculation over upcoming interview

New photos appear to show former Olympic athlete Bruce Jenner in a striped dress outside his Malibu home. The New York Daily News published the photos a couple of days prior to Jenner’s scheduled interview with Diane Sawyer. The interview is believed to be about Jenner’s coming out as transgender. The Daily News reports that Jenner has been seen also wearing a sports bra: “A photo of the former Olympic gold medalist wear-



ing what appeared to be a sports bra while riding his Harley Davidson motorcycle emerged Monday, leading many to assume the star had already undergone breast augmentation surgery.” ABC will air Jenner’s interview on Friday.

Amy Schumer gets no help from Kimye

In other Kardashian-Jenner news, Kim Kardashian and Kanye West totally got punked by Amy Schumer at the Time 100 Gala this week. She fake-tripped in front of the couple on the red carpet and sprawled herself on the ground, face first. Most people might lend a hand and help a girl up, but the couple just kind of stepped over her and carried on. Well, what else would you expect from Kanye, right?

EMILY LAURENCE/METRO NEW YORK



Amy Schumer falls in front of Kanye West and Kim Kardashian at the Time 100 Gala. GETTY IMAGES

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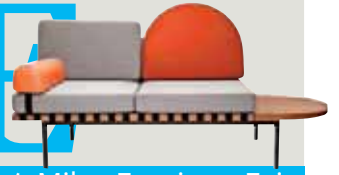
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Punchy, graphic and bright floral patterns offer a pretty, modern edge this spring; let them bloom with these stylish accessories.



2



3



1

1 Cece Organic Duvet

Organic cotton duvet cover shows off a botanical scene of giant dahlias. \$130, PotteryBarn.com

2 Faux Floral Arrangement

Everlasting floral arrangements add a burst of summer colour. \$35, Homesense.ca

3 Asan Kantha Chair

Sit pretty on this occasional chair featuring a mix of industrial and floral. \$750, CB2.com

4 Flower-Shaped Pancake Ring

Making pancakes and eggs just got a lot more fun. \$5, CrateAndBarrel.com

5 Allyson Johnson Bold Floral and Dots Shower Curtain

Add a summer garden to your bathroom. \$90, UrbanOutfitters.com

6 Daydream Floral Pillow With Feather Insert

Escape to a blooming garden by adding pastel and jewel tone florals. \$49, Chapters.Indigo.ca



4



5



6

Morning News

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Taking your garden plants on the road

People on the move often spurn gardening as a hobby because they have to leave their plants behind. But new innovations and creative ideas are making planters portable and easy to transfer from one location to another.

They store easily and work well for tight spaces, too. Adaptable and flexible planters with wheels, handles or other movable parts

fit these needs, as do lightweight, durable products, said Susan McCoy, founder of Garden Media Group in Kennett Square, Penn. Or think modular containers that fit together and come apart like LEGOs.

"They're extremely versatile and can be used indoors or outdoors, individually or in multiples, on tabletops or hanging on a wall, and

can be expanded as enthusiasm for gardening grows," McCoy said.

The new products are aimed at "those who prize freedom over home ownership," she said, including retirees and empty nesters, as well as young people who haven't settled down.

They "can barely commit to a single place, let alone a permanent plot of land,"

McCoy said. "Portable gardening gives everyone a chance to grow something, no matter where you live. And it's fun to see gardens pop up in the most unexpected places."

Movable planters are excellent for raised beds, which make gardening more accessible, particularly for those who don't like bending over or have physical limitations. "We push grow bags as

great for apartment living, as they store well and you can take them with you if you're not in permanent housing," said Maree Gaetani, a spokeswoman for Gardener's Supply Co. in Burlington, Vt.

Millennials in particular (those age 18 to 35) are showing interest in portable gardening, including on a roof, deck or patio, Gaetani said.

Many kinds of containers can be converted into portable planters, from wheelbarrows to milk cans to bushel baskets. Other examples? Hard-sided suitcases, little red wagons, coal scuttles, recycled shopping carts, discarded tricycles and bicycles. All can be moved cross-country, across town

or simply shifted from one side of the patio to another to follow the sun.

Keep your eyes open and creative juices flowing when shopping for inexpensive items at craft shops, antique stores and yard sales.

Portable home gardens also can be carried indoors when the season turns cold or when threatening weather is forecast.

"We're finding that across ages and incomes, people want to grow their own, even if they only have a small space and may be at a transient point in their lives," Gaetani said. "This is where aging baby boomers and younger gardeners intersect."

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Old hard-sided suitcases (above) and an old cart (below) make innovative plant beds. DEAN FOSICK/THE ASSOCIATED PRESS



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DOGS DON'T EAT PIZZA



No-sew burlap curtains (above) and handwritten curtains (left). FOUR GENERATIONS UNDER ONE ROOF

Yes you can make your own curtains

DIY

Drapes project requires few inexpensive materials

Marianne Hayes
Metro in New York City

One creative, simple way to spruce up your home for spring is to change out heavy curtains for light, airy drapes. The good news is that letting the light in doesn't mean you have to spend a fortune on new decor.

Instead, check out these budget-friendly DIY projects that'll leave your windows looking like they came out of an Anthropologie catalogue.

Bang from burlap

Burlap isn't necessarily a fabric that traditionally screams spring, but (if done right) it can actually give your living room a crisp, fresh feel. Another kicker? It's a no-sew project that's relatively inexpensive to pull off.

"Our family room had so many windows that I needed to find an inexpensive way to add drapery without breaking the bank!" says Jessica Bruno of Four Generations One Roof. "I purchased burlap for under two dollars a yard and made my own no-sew curtains."

Bruno completed the look with just three and a half yards of burlap, which covered 10 large windows. The finished product is airy and light — perfect for spring. It's also easy to swap out

when the seasons change. For full instructions, go to Fourgenerationsoneroof.com.

Written messages

A Sharpie is all you need to pull off this next look, which uses your own handwriting and some creative messaging. Just be sure to use a permanent marker; not a paint pen. Putting a piece of cardboard under the curtains while writing is also a good idea.

"The hardest part is deciding what to write," says Karen Cooper of Dogs Don't Eat Pizza. For her kitchen curtains, Cooper decided to write a variety of cooking-related words (like "bake," "mix" and "stir") in varying cursives and prints.

And if the curtains get dirty over time, washing them won't smudge the writing. Just throw them in the gentle cycle in cold water.

Stencil treatment

Whether your home is ultra-modern or boho chic, printed curtains can help accentuate the tone and feel.

Instead of dropping money at Crate and Barrel, opt for plain cotton drapes from any home store — then kick them up a notch by painting on a cool pattern, using fabric paint and a stencil roller.

Before you let the intimidation set in, keep in mind that you'll be using a stencil.

Megan Bray over at Balancing Home says the trick to stenciling is to avoid using too much paint.

She also advises putting some muscle into your rolling to produce the best final image.



Plain white curtains have been painted with stencils.

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LEPINE

Sens get long-awaited reward

NHL PLAYOFFS

Latest one-goal game goes Ottawa's way in nick of time

Mike Hoffman scored in the third period and Craig Anderson made 28 saves for the shutout as the Ottawa Senators downed the Montreal Canadiens 1-0 on Wednesday night to stay alive in their first-round NHL playoff series.

Montreal leads the best-of-seven series 3-1 and can wrap it up on home ice Friday night.

Coach Dave Cameron had moved Hoffman, a rookie, from the fourth line up to the second unit with Mika Zibanejad and Bobby Ryan during the first period.

It paid off in the third as Cody Ceci kept a Tom Gilbert clearing attempt in at the point and fed Hoffman in the left circle for quick shot that beat Carey Price 9:05 into the third period.

It was the fourth straight game the Senators

GAME 4 On Wednesday



ators scored first, but this time, the Canadiens didn't answer back. An anemic power play that has gone 1-for-16 in the series hasn't helped their cause.

Anderson, who made 47 saves in his series debut in Game 3, was strong again for the Senators as they outshot Montreal 32-28. He sprawled to force Brandon Prust to slam the puck against the side of the net during a short-handed breakaway late in the second.

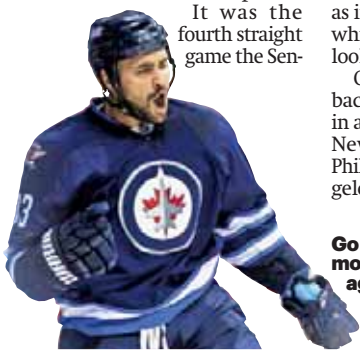
There was choppy play for two scoreless periods. The Senators did not spend as much energy early on seeking big hits as in the previous three games, while Montreal simply did not look sharp.

Only four teams have come back to win when trailing 0-3 in a series: Toronto in 1942, the New York Islanders in 1975, Philadelphia in 2010 and Los Angeles in 2014. THE CANADIAN PRESS

Go to metronews.ca for more playoff coverage, including the Jets' attempt to stay alive in their series against the Ducks.



Habs defenceman Andrei Markov misses a shot at Craig Anderson's open net during Game 4 of the first-round series at Canadian Tire Centre Wednesday night. Anderson's 28-save shutout helped the Sens staved off elimination. ADRIAN WYLD/THE CANADIAN PRESS



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Wizards point guard John Wall takes to the air to block a shot from the Raptors' Lou Williams on Tuesday night in Toronto.

RICK MADONIK/TORSTAR NEWS SERVICE

Raptors' lack of urgency 'alarming'

NBA PLAYOFFS

Dinos trail Wizards 2-0 as series shifts to Washington

It was one of the lowest of the lows for the Toronto Raptors, and the morning after DeMar DeRozan summed it up best.

"If being down 0-2 shouldn't stimulate urgency, then I don't know what would," DeRozan said.

Yet through two dreadful play-off games against the Washington Wizards, they've been missing just that.

The Raptors dropped a hor-

rendous 117-106 decision to the Wizards on Tuesday night, and head to Washington desperate to avoid elimination in four games.

They studied video Wednesday morning and came away with one glaring message.

"I think the most alarming thing we've seen was just our sense of urgency (and lack thereof)," Lou Williams said. "We didn't play with the energy we needed to, we didn't play with the sense of urgency in the situation that we were in, being down 1-0 at home. I felt like we should have competed harder. Games like that don't really come down

to Xs and Os, it comes down to guys just wanting to win, and competing. I think they just did a better job than we did."

Kyle Lowry has struggled mightily, a stunning turn of events after he shone in last season's playoffs. The point guard left Tuesday's game with six minutes to go with a leg contusion, and spent Wednesday receiving treatment.

"He's fine, bruise, just his shin," coach Dwane Casey said.

"Obviously he's a little upset at the way he's played so far, with just the foul trouble and

everything, but we should see one of his best efforts in the next game," said Williams, who scored a team-high 20 points in Game 2.

DeRozan, who's developed a close bond with Lowry since he signed with Toronto, said this playoff series has been "extremely frustrating" for Lowry.

"Him dealing with foul trouble, dealing with an injury (Tuesday) night, and me knowing him, it's just tough," DeRozan said. "He feels like he's letting us down in a sense, but we've all got to stick together no matter what. If you're not playing well, if you're missing shots, you've still got to stick together and fight through."

THE CANADIAN PRESS

13

Through two games, Kyle Lowry has recorded just 13 points and eight assists

NBA

Thunder fire head coach of seven years

Scott Brooks did everything but win a championship.

It wasn't enough.

The Oklahoma City Thunder fired their coach on Wednesday, parting ways with a former NBA coach of the year who led the team to three conference finals in four years only to falter this season as his players were hit hard by injuries.

Brooks coached the Thunder for seven seasons. Starting in 2010-11, he led the team to



He did his best job he can do, and I'm proud of him.

Kevin Durant on former Thunder coach Scott Brooks

the Western Conference final three out of four years, and the Thunder reached the NBA Finals in 2012. The Thunder failed to make the playoffs this past season, as injuries limited them to a 45-37 finish.

Brooks was 338-207 (.620) with the Thunder and was the

2009-10 NBA coach of the year. He said last week that he expected to be the coach next season.

"This is an extremely difficult decision on many levels," Thunder general manager Sam Presti said. "Scott helped establish the identity of the

Thunder and has earned his rightful place in the history of our organization through his seven years as a valued leader and team member."

Still, Brooks was criticized by many for failing to win a title with Kevin Durant and Russell Westbrook on his roster. Durant was last year's MVP and is a four-time scoring champion, while Westbrook was this year's all-star MVP and scoring champion. THE ASSOCIATED PRESS

BOXING

Mayweather: I'm still better than Ali

Floyd Mayweather Jr. refused Wednesday to back off earlier comments declaring himself a better fighter than Muhammad Ali.

Mayweather said he respects Ali's great career and the things he did outside the ring. But he said he believes he has done as much in boxing as the legendary former heavyweight champion ever did, without the losses that Ali suffered in his career.

"He called himself The Greatest and I call myself TBE (The Best Ever)," Mayweather said. "I'm pretty sure I'll get criticized for what I said, but I could care less. I could care less about the backlash."

Mayweather had earlier said that he was better than both Ali and Sugar Ray Robinson, pointing to his 47-0 record as proof. He also said he would never have lost to a fighter like Leon Spinks, who beat an aging Ali in 1978 after having just seven pro fights.

"I just look at Ali's career



Floyd Mayweather Jr. calls himself The Best Ever.

THE ASSOCIATED PRESS FILE

when he fought Leon Spinks and lost to a fighter with seven fights," Mayweather said. "There were some other fights he lost and he's still known as The Greatest because that's what he put out there. It is what it is."

Mayweather fights Manny Pacquiao May 2 in Las Vegas.

THE ASSOCIATED PRESS

CHAMPIONS LEAGUE

Real Madrid edges past crosstown rival

A late goal by Javier (Chicharito) Hernandez gave Real Madrid a tense 1-0 win over 10-man Atletico Madrid and a place in the Champions League semifinals on Wednesday.

After the first leg of their quarter-final had finished 0-0 last week, Hernandez missed three good chances to break the deadlock for the reigning European champions before finally finding the net in the 88th minute from close range following a pass from Cristiano Ronaldo.

Atletico midfielder Arda Turan had been sent off for a second yellow card after a rash challenge on Madrid's Sergio Ramos in the 76th minute.

As in the first leg of the derby

SEMIS BOUND

Juventus defeats Monaco 1-0 on aggregate

Juventus ground out a 0-0 draw with Monaco on Wednesday to secure a 1-0 win on aggregate and become the first Italian team since Inter won the competition in 2010 to qualify for the Champions League semifinals.

between last season's finalists, Atletico goalkeeper Jan Oblak kept his team in the tie by saving a series of shots on goal by Madrid. THE ASSOCIATED PRESS

CANADA'S SPORTS HALL OF FAME

Cup champion Coffey headlines new inductees

Former star defenceman Paul Coffey is proud of the many individual NHL scoring records that he set over his 21-year career.

But it's the four Stanley Cup wins and his experiences with the national team that



Paul Coffey

THE CANADIAN PRESS

really stand out when he looks back at his many accomplishments. Coffey was recognized for his stellar career Wednesday as he was named to Canada's Sports Hall of Fame's Class of 2015.

Coffey is one of 10 athletes and two builders who will be formally inducted on Oct. 21 in Toronto. Soccer player Craig Forrester, freestyle skier Jennifer Heil and women's hockey player Danielle Goyette are also included in this year's class.

THE CANADIAN PRESS

RECIPE Bok Choy Salad with Mandarin Oranges and Ginger Dressing



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman



- 1½ tsp sesame oil
- 1½ tsp granulated sugar
- 1½ tsp lemon juice
- ½ tsp minced garlic

Ready in

Prep time: 15 minutes
Serves: 6

Ingredients

- 6 oz extra firm tofu cut into cubes
- 12 oz baby bok choy, trimmed and sliced
- 2 green onions, chopped
- 1/3 cup dried cranberries
- 1/2 cup fresh or canned and drained mandarin segments
- ¼ cup toasted sliced almonds
- 3 Tbsp chopped cilantro or parsley dressing
- 1/3 cup minced red onion
- 2½ Tbsp vegetable oil
- 2½ Tbsp rice wine vinegar
- 2½ Tbsp water
- 1½ Tbsp ketchup
- 1 Tbsp minced ginger
- 1 Tbsp light soy sauce

Directions

1. In grill or sauté pan, sear tofu cubes just until browned on both sides, about 5 minutes. Set aside.
2. Place bok choy, green onions, cranberries and mandarins on serving platter. Garnish with almonds and cilantro.
3. Dressing: In small bowl or food processor, puree all ingredients until smooth. Pour over top salad and mix well. Add tofu.

Nutrition per serving

- Calories 186 • Protein 8.6 g
- Carbohydrates 14.0 g
- Fibre 2.2 g • Total fat 11.6 g
- Saturated fat 0.8 g
- Cholesterol 0 g
- Sodium 169 mg

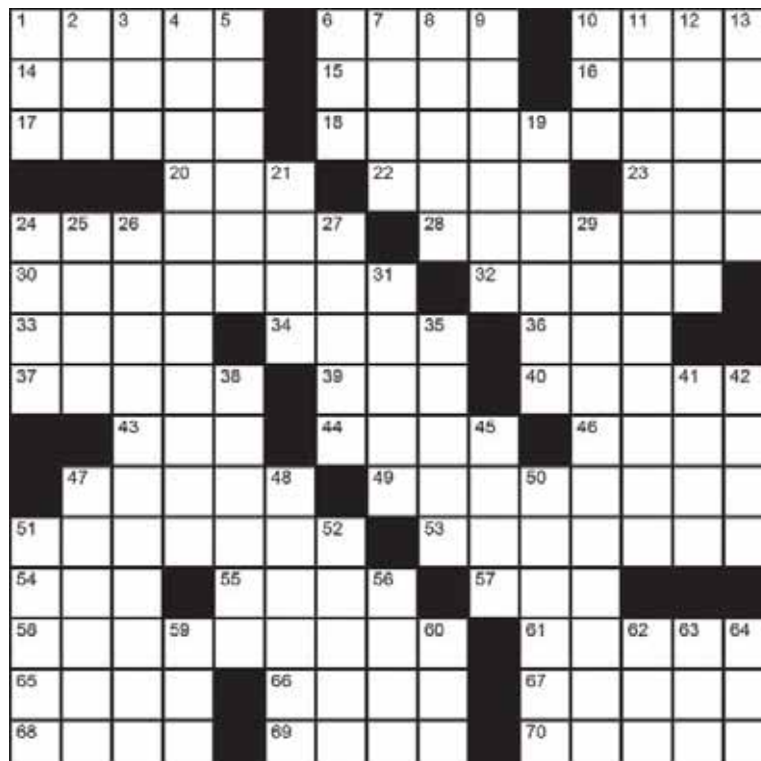
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Uses the text-thickening function
6. Thunder god
10. First word of Virgil's epic Latin poem Aeneid
14. Streamlet
15. Sulk
16. Casual affirmative
17. Dylan __, "Orphan Black" star
18. Saskatchewan town southwest of Saskatoon
20. One-eighty turn, slangly
22. Eminem's Shady
23. Canuck, curtly
24. Smokestack
28. Growled
30. Kiesza hit
32. "Wavin' Flag" singer
33. "Konvicted" rapper
34. Chocolate/toffee Hershey bar
36. Don't hire a pro, e.g.
37. U.S. airline
39. U.S. state, e.g.
40. "Happy Days" name
43. Cleveland NBA-er
44. Herman Melville: Captain in Billy Budd, Sailor
46. "Weeell?"
47. "Mack the Knife" singer Bobby
49. "Steal My ___" by Canadian group Len
51. Many are exhausted after one: 2 wds.



53. Mr. Cage
54. Prefix meaning 'Outer'
55. Caustics
57. Stock index, with Jones
58. Bugs living under a rock, as an example of one
61. ___ and Sara (Music duo from Calgary)

65. Marching instrument
66. Office memo abbr.
67. Prefix meaning 'Rainbow'
68. Gentle
69. British Columbia's ___ National Park
70. Plus

DOWN

1. Consumer protection agcy.
2. Lisa __, Canadian etiquette expert
3. __ Grant
4. April 23rd to May 3rd, 2015: Canadian International ___ Festival, in Toronto
5. British Colum-

6. Online celeb gossip source
7. Cultivates
8. Some stones
9. Fix a chain, say
10. Ms. Rand
11. Some of Prince Edward Island's 'land'scape is distinguished by

- it: 3 wds.
12. Fairytale figure
13. Lend __ (Help out)
19. Christopher Plummer's actress daughter
21. Archery bow trees
24. Country of Africa
25. Go back-packing
26. Viewer voting leads to a new one each week on Ryan Seacrest's show: 2 wds.
27. Comedy's Mr. Smirnoff
29. Song by Canadian singer Pagliaro, fitting for April's weather
31. Yesteryears
35. Already-shown show
38. In a keen manner
41. Charlie Chaplin's last wife
42. Negative replies
45. Barenaked Ladies song
47. Rucellai Madonna painter
48. Oppose/reject
50. Nova __
51. Bellyaches
52. Bryan Adams' "The Best Was __ Come"
56. Comic actor Mr. Green
59. Kit
60. Telephone trio
62. Soldiers
63. 'Block' suffix
64. Negative word

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Everyone gets things wrong once in a while and you are no exception. If you make an error of judgment today - and you will - don't try to deny it. Accept your mistake then set about putting it right.

Taurus April 21 - May 21
With the Sun in your sign your confidence is high, but you still have a vague feeling that everything could fall apart at any moment. Don't worry, it won't, but your intuition could be telling you something. What could it be?

Gemini May 22 - June 21
This is a time for reflection, a time for looking back over the previous 12 months or so and learning what you can from both your successes and your failures.

Cancer June 22 - July 23
Someone who is usually very open with you will be secretive for no good reason today, but don't take it to heart because it is unlikely to have anything to do with you personally.

Leo July 24 - Aug. 23
Anyone who thinks they can take advantage of your trusting nature will soon learn that you are not so easily deceived. Trusting you may be, but stupid you are not - as they will find out to their detriment today.

Virgo Aug. 24 - Sept. 23
If your intuition tells you to follow a certain course of action then do so even if everyone else thinks you are mad. Listen to that little voice inside your head - and close your ears to everything else.

Libra Sept. 24 - Oct. 23
If you ask someone for a favor today chances are they will be more than willing to help you out. But don't expect to get what you want for free.

Scorpio Oct. 24 - Nov. 22
Personal problems may seem much bigger than they actually are at the moment, so wait until the weekend before making important decisions.

Sagittarius Nov. 23 - Dec. 21
You have so much to do but time is limited, so don't waste even a second on things that are not connected to your long-term ambitions.

Capricorn Dec. 22 - Jan. 20
Seize the initiative today and let everyone around you know that you intend to take what it is you

desire rather than wait for others to give it to you. The Sun in Taurus makes all things possible.

Aquarius Jan. 21 - Feb. 19
Don't be surprised if you feel a bit moody today, even though most things in your life appear to be going well at the moment. You will be back to your normal self come the weekend.

Pisces Feb. 20 - March 20
You don't need to pound rivals into submission, not when your way with words is such that you can sweet talk them into doing whatever it is you desire. Whether your words are sincere is another matter entirely, of course.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



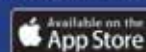
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Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice. ¹³\$10,000 is a combined total credit consisting of a \$4,500 manufacturer to dealer delivery credit (tax exclusive) for 2015 Silverado Light Duty Double Cab, \$1,000 Owner Cash (tax inclusive), a \$2,420 manufacturer to dealer Option Package Discount Credit (tax exclusive) for 2015 Chevrolet Silverado Light Duty (1500) Double Cab LT equipped with a True North Edition and a \$2,080 manufacturer to dealer cash credit (tax exclusive) on Silverado Light Duty (1500) Double Cab LS Chrome Edition, LT and LTZ, which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this \$2,080 credit which will result in higher effective interest rates. Discounts vary by model. ¹⁴3.0% leasing for 36 months available on 2015 Silverado 1500 Double Cab and Crew Cab 1WT on approved credit to qualified retail customers by GM Financial. Down payment, trade and/or security deposit may be required. Example based on a purchase price of \$29,030 (including \$700 lease credit, \$4,500 manufacturer to dealer delivery credit, a \$1,000 manufacturer to dealer Option Package Discount Credit and a \$885 Owner Cash) for a Silverado 1500 Double Cab 4x4 1WT. Bi-weekly payment is \$149 for 36 months at 0.0% APR, on approved credit to qualified retail customers by GM Financial. Annual kilometre limit of 20,000 km. \$0.16 per excess kilometre. \$450 down payment is required. Payment may vary depending on down payment trade. Total obligation is \$11,622, plus applicable taxes. Option to purchase at lease end is \$17,432. Price and total obligation exclude license, insurance, registration, taxes, dealer fees and optional equipment. Other lease options are available. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. ¹⁵Offer available to qualified retail customers in Canada for vehicles from April 1, 2015 – April 30, 2015. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank[®] or RBC Royal Bank for 48 months on all new or demonstrator 2015 Silverado 1500 Double Cab and Crew Cab 1WT. Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: \$40,000 at 0% APR, the monthly payment is \$833.33 for 48 months. Cost of borrowing is \$0, total obligation is \$40,000. Offer is unconditionally interest-free. Freight and air tax (\$100, if applicable) included. Licence, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ¹⁶Registered trademark of The Bank of Nova Scotia. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.